

Fried Rice	4.50
Vegetarian Fried Rice	4.50
Chicken Hokkien Noodles	4.50
Vegetarian Hokkien Noodles	4.50

UNLEY HIGH SCHOOL CANTEEN MENU—2020

SANDWICHES & ROLLS

FILLINGS	SANDWICH \$	SINGLE CUT ROLL \$	DOUBLE CUT ROLL \$
Chicken	3.10	3.30	4.30
Ham (Virginian)	3.10	3.30	4.30
Cheese	2.60	2.80	3.80
Egg	3.10	3.30	4.30
Curried Egg	3.10	3.30	4.30
Vegemite	2.10	2.30	2.60
Salad	3.60	3.80	4.80
Chicken Salad	4.60	4.80	5.80
Ham Salad	4.60	4.80	5.80
Cheese Salad	4.10	4.30	5.30
Egg Salad	4.60	4.80	5.80
Extras	0.60	0.60	1.20

Extras available: Tomato, Lettuce, Cucumber, Carrot, Cheese, Gerkin, Avocado and Sun-dried Tomato

Condiments available: Mayonnaise, Cranberry sauce 0.30



	\$
Buttered sesame knot roll	1.60
Plain sesame knot roll	1.50
Cheese & bacon roll (plain)	1.60
Extras : Butter	0.10



SWEET TREATS

CAKES

	\$
Finger bun, buttered	3.10
Apple bun	4.00
Muffin—Blueberry, Chocolate, Apple & Cinnamon	4.20
Berliner—Chocolate, Custard, Jam	4.00
Doughnut—Chocolate, Strawberry Freckles, Cinnamon	3.50



BISCUITS & SLICES

Mrs D's Cornflake Cookie	2.20
Mrs D's Smiley face & Assorted Cookies	2.60
Mrs D's ANZAC	1.40
Large Assorted Slices	3.30
Small Assorted Slices	1.70



YOGHURT, FRUIT & JELLY

Yoghurt	2.80
Jelly	1.00
Fruit Salad Packs (Summer only)	3.00
Apple/Orange (Seasonal)	1.50



SALADS/COLD ROLLS

	\$
(*Only available in Summer)	
Thai Chicken Salad*	4.20
Lemongrass Beef Salad*	4.20
Cold Rolls*—Teriyaki Chicken, Thai Chicken & Vegetarian	4.20

SUSHI

Sushi - Teriyaki Chicken,	\$
Thai Chicken & Vegetarian	2.90



UNLEY HIGH SCHOOL CANTEEN MENU—2020

DRINKS

MILKS

	\$
Oak—Chocolate, Strawberry 300ml	2.70
Oak—Chocolate, Strawberry, Egg-Nog, Caramel, Banana 600ml	3.50
Nippy's Chocolate, Strawberry, Honeycomb, Iced Coffee, Mocha, Banana 375ml	2.70
Nippy's Choc, Strawberry, Honeycomb, Iced Coffee 250ml	3.30
Sanitarium Up & Go Energizer—Chocolate 250ml	2.20
Sanitarium Up & Go—Choc, Vanilla, Strawberry 250ml	2.20
Sanitarium Up & Go—Choc, Vanilla, Strawberry 500ml	4.50



JUICES

Nippy's Fruit box—Orange, Apple/Blackcurrant, Apple 250ml	1.60
Nippy's—Orange, Apple 300ml	2.20
Nippy's Fruitylicious—Apple/Guava, Apple/Mango/Banana, Pineapple, Multifruit 350ml	2.50
Nippy's—Orange, Apple, Apple/Blackcurrant, Lemon, Orange/Mango, Orange/Passionfruit 500ml	3.00
Nippy's Mineral Water—Lemon lime, Paradise Punch, Apple Raspberry, Orange, Lemon, Portello 600ml	2.80



ICED TEAS

Lipton—Peach, Lemon, Mango, Citrus, Raspberry 500ml	3.50
Ovi—Lychee, Watermelon, Peach, Berry 500ml	3.50



SPRING WATER

Nu—390ml	1.20
Nippy's 600ml	1.50
Nippy's Pop-top 750ml	2.00
Nippy's 1.5lt	2.70



Proper hydration does more than just quench your thirst. It has numerous benefits to your health.

- Water is the main component of blood, which supplies cells with oxygen and nutrients and carries waste out of the body.
- Water regulates internal body temperature. Through the process of sweat production and evaporation, one's body can avoid overheating. The blood on the skin surface is cooled, and it carries this cooling effect to the body's interior.
- Water lubricates joints.
- Water cushions vital organs

UNLEY HIGH SCHOOL CANTEEN



The canteen is open at the blue doors between 8.15 and 8.45 for recess and lunch orders. Drinks and some foods are available at this time. Please note prices are subject to change without notice. Some of our food varieties are seasonal so may not be available at time of ordering.



